Andrew Susskind, LCSW, SEP, CGP

Westside Notes

The Opposite of Addiction is Not Sobriety.
The Opposite of Addiction is Connection. — Johann Hari

Welcome to the Fall issue of *Westside Notes*. It's hard to believe that the summer of 2026 is already behind us, and here are some of my highlights. Since my Spanish immersion last October in Logrono, Spain, I've been taking online classes to keep up with what I've learned. I feel more conversational than ever but also feel like a 3rd grader when I speak. Very humbling for a recovering perfectionist. The good news is that I'm not losing ground and I'm proud of my determination to keep the ball rolling. In July I visited friends who recently moved to Portland and spent a few days on the Oregon Coast which is an ideal destination for R & R. Over Labor Day weekend, I traveled back to Eastern Massachusetts for a mini-reunion with college friends, and this has become a fun and nostalgic yearly event.

Group Update

AGPA Connect is the annual conference of the American Group Psychotherapy Association, and this year it will be held February 22-27, 2027 in Denver. I've been attending the annual gathering since 2010 – usually with 1000 group therapists— and it's become a focal point of my training as a group leader. In addition to the educational opportunities, I've developed a national community of group therapy colleagues who have been inspiring as well as lots of fun to get to know through the years.

Andrew's Current Group Openings

- **Men's Interpersonal Process Group**
  (online, one opening)
  Tuesdays 4:30 pm
- **Men's Interpersonal Process Group**
  (online, one opening)
  Wednesdays 6:30 pm

Finding the right group is not always an easy task but I'm always available to speak with you or your clients about

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In This Issue:

- Group Update
- Group Openings
- 10 Years of Brainspotting
- Guided Relaxation

Order Andrew's Recent Book:

The *It's Not About the Sex* Workbook

About Andrew Susskind



Andrew Susskind, LCSW, SEP, CGP

is a Licensed Clinical Social Worker, Certified Brainspotting Therapist, Certified Group Psychotherapist, Somatic Experiencing Practitioner and author who brings more than 35 years of experience to his work.

Andrew's Books

groups in my practice or other groups in the community.

Brainspotting: My 10-year Anniversary

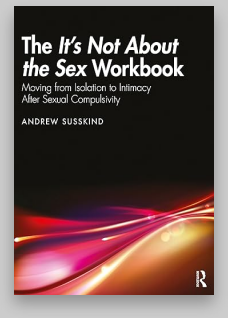
After several colleagues told me about Brainspotting, I finally went to my first training in 2016 here in Santa Monica with Dr. Pie Frey as my trainer. I really didn't know how it would feel after spending three years in the Somatic Experiencing training. To my surprise, I fell in love with the process and became a follower of Pie who has been a mentor and a friend for the past decade. By the way, I highly recommend Pie as your trainer if you choose to sign up for Phase One. If you have any questions, I would be more than happy to set up some time with you or offer a Brainspotting session which is always the best way of experiencing the process first-hand brainspotting.com.

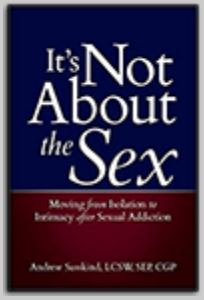
Take Five: Guided Relaxation

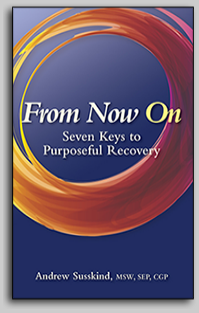
As I mentioned in the Spring 2026 newsletter, I've been compiling short, guided relaxation exercises focusing on everything from grounding to mindful self-compassion to grief. They can be found on my website, and I plan to more on a quarterly basis if you or others may benefit from taking 5 minutes or so out of your day.

Wishing you a peaceful Fall and a fun holiday season.

Gratefully,
Andrew







Instant Connection!

Read more about Somatic Experiencing

Read more about Brainspotting

12-Step Self-Help Groups

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